

# HEALTHMATTERS

## CINCINNATI HEALTH DEPARTMENT NEWSLETTER

January 2017

Vol. VII Issue I

**"We Know Health Matters"**,  
CHD's show on Citicable,  
Time Warner Ch. 23.

### Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to  
share in the newsletter please send  
information to Marla Fuller at  
[marla.fuller@cincinnati-oh.gov](mailto:marla.fuller@cincinnati-oh.gov)

CHD= Cincinnati Health  
Department



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Department



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### Health care delivery for Oyler students

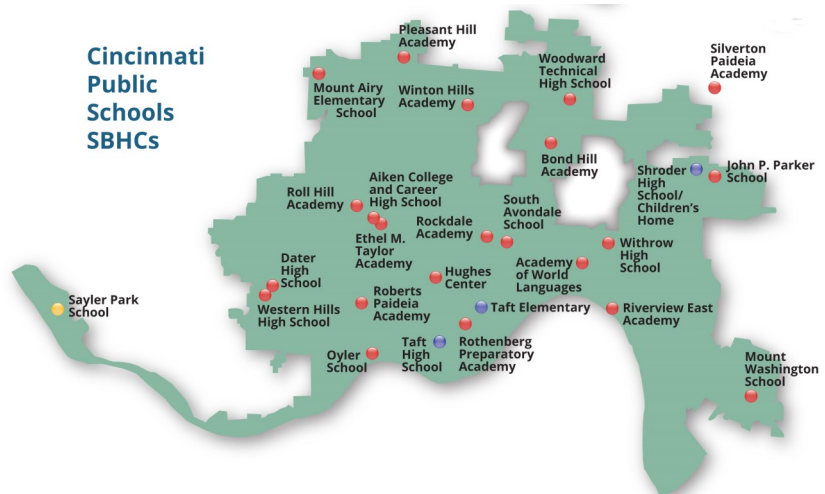
There is more happening at Oyler Community Learning Center than reading, writing and arithmetic. The school has grown from the traditional model of education to a learning center to lessen the effects of poverty on learning and raising academic achievement for its most at-risk populations. Oyler's community-based health center serves a predominantly Urban Appalachian neighborhood which has always struggled with very low graduation rates and limited access to affordable healthcare.

Today, the students at Oyler are getting health screenings, flu vaccinations and eye exams and glasses all while at school. These services are important steps to improving overall student attendance. And the more kids are in class, the more they can learn.

Oyler students and their families rely on school-based health centers to meet their needs for a full range of age-appropriate health care services, typically including: primary medical care, mental/behavioral health care, dental/oral health care, health education and promotion, substance abuse counseling, case management and nutrition education.

Students can be treated for acute illnesses, such as flu, and chronic conditions, including asthma and diabetes. They can also be screened for dental, vision and hearing problems. With an emphasis on prevention, early intervention and risk reduction, school-based health centers counsel students on healthy habits and how to prevent injury, violence and other threats.

The specific services provided by school-based health centers vary based on community needs and resources. The CHD operates 13 school-based health centers in Cincinnati located in the following schools: Aiken, Academy of World Languages, Roll Hill, Ethel Taylor, Oyler, Taft High, Children's Home/Shroder, West High/Dater High, Riverview East, Mt. Airy, JP Parker, Roberts Academy and Withrow. All are open while school is in session.



## Commissioner's Corner



Dear CHD Family,

It is with deepest appreciation that I acknowledge all of the hard work, dedication and commitment each of you has contributed toward making 2016 a successful year. We have experienced many challenges together and have used our collective wisdom to solve some of our community's most pressing problems.

We have seen dramatic change within the leadership of the City of Cincinnati Health Department. We have welcomed three new board members and installed Tim Collier as the CHD Board of Health Chair. I am proud to serve as the Interim Health Commissioner as we continue our 190-year tradition of outstanding service.

As I attend meetings in various locations within the City of Cincinnati Health Department, I have been struck by the compassion I see and the commitment to make a difference. I am extremely proud of the work each of you does to make the lives of those we serve better. It is your work ethic and caring that enables us to significantly impact the health outcomes of so many. We have an untapped opportunity to elevate our work in the community in the coming year and I am looking forward to 2017. Thank you for all the progress we have made as a health department through all the hard work you have completed. I deeply appreciate all the accomplishments achieved and the effort that represents.

As we welcome the New Year, I encourage you to join me in setting specific goals for the year and writing those down at the end of your 2017 calendar. My overarching goal for 2017 is to make Cincinnati a healthier city in every way possible. Let's mark our calendars and plan to look at our goals and our progress together next December.

Happy New Year and Thanks for all you do!

- Dr. Marilyn Crumpton



### KNOW STORM WARNING TERMS

#### Winter Weather Advisory

Expect winter weather condition (e.g., accumulation of snow, freezing rain, and sleet) that could cause severe inconvenience and life-threatening hazards.

#### Frost/Freeze Warning

Expect below-freezing temperatures.

#### Winter Storm Watch

Be alert; a storm is likely.

#### Winter Storm Warning

Take action; the storm is in or entering the area.

#### Blizzard Warning

Seek refuge immediately! Snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill.

## Announcements & Congratulations

### Support the UNCF

There's still time to support the United Negro College Fund with a tax deductible contribution or by purchasing a raffle ticket which could win CHD employees three days of vacation time. For more information contact B. A. Dixon at 357-7483.



### Congratulations to CHCC

The Creating Healthy Communities Coalition received the 2016 Healthy Community Award from the Ohio Department of Health and the CCTST Community Advocacy, Partnership and Research Award. Both awards recognize staff efforts for coalition work in healthy eating, active living, chronic disease prevention and tobacco-free living.



## Fifth graders celebrate smoke-free workplaces



Fifth grade students at Riverview East Academy celebrated the 10th anniversary of Ohio's Smoke-Free Workplace Act with (back row, from the left) Assistant Principal Jason Dearwester; Northern Kentucky Health Department Director of Health, Dr. Lynn Saddler; Hamilton County Health Commissioner, Tim Ingram; Cincinnati Health Department Interim Health Commissioner, Dr. Marilyn Crumpton; Cincinnati Health Department Board Chair, Tim Collier and Creating Healthy Communities Project Director, Denisha Porter.

The 10-year old students, who have never known otherwise, received awards for posters acknowledging the smoke-free work place law.

***If you or someone you know is trying to quit tobacco visit : [www.smokefree.gov](http://www.smokefree.gov) or call 1-800-QUIT-NOW.***

## Bedtime Basics: Safe Sleep Saves Lives!

Tamieka Gray, CHD Program Coordinator for Cribs for Kids and First Steps for Kids was featured on WKRC-Local 12 news broadcast over the holidays. The news broadcast highlighted the importance of providing safe sleeping arrangements for babies, especially when visiting family. As Ms. Gray explains it, "Babies need to sleep alone, on their backs and in a crib." The CHD offers free pack and play cribs to qualifying new parents. "We also give parents a survival kit and a safe sleep book to read to their baby," she adds. The safe sleep kit also includes a crib sheet, a pacifier, and Ms. Gray's favorite, a "This Side Up" onesies.

The Tri-State has seen a drop in infant deaths related to sleep problems in the last few years. To view the CHD safe sleep tips, go to: <http://tinyurl.com/SafeSleep12>



## A Message from the Board of Health



Tim Collier, RN  
Chair, Board of Health

As year begins we embark on the incoming with its uncertainties, let us not forget the successes of the Cincinnati Health Departments total journey. The Board must thank every individual for the continued efforts hard work on Health Equity initiatives through the Cincinnati Rise Project; addressing Community Wellness in our Centers through treatment & education; ongoing data of First Steps Program; continuation of WIC (Women, Infants, Children) Program; growth of School-Based Health Centers; ongoing Food Safety initiatives; and the presence Nursing Services that well extend from physical to mental support for many of our citizens.

Through various collaborations and extensions of community engagement, the Cincinnati Health Department has met and exceeded lofty goals. The Board looks forward to building more collaborations to secure the future of this Health Department. We say "Kudos" to 190 years of service & dedication to our citizens!





For nearly 100 years, the Cincinnati Health Department's Home Health Nursing Program has served the citizens of Cincinnati by providing essential skilled nursing care to patients in their homes. In assisting the City's adult population, Public Health nurses provide nutrition and smoking cessation guidance, wound care, and assessment/instruction regarding many diagnoses such as Hypertension and Diabetes. In conjunction with skilled nursing care, social services and home health aide services are available to patients as well as physical, occupational and speech therapies.

Maternal Child Nursing Services provide skilled nursing care to mother/baby within 48 hours of discharge from the hospital. A nurse makes sure the mother understands her newborn's needs and encourages compliance with physician follow-up, safe sleep practices, adequate breast/or bottle feeding, sufficient weight gain, and other newborn related instruction. The nurse will also assess the mother's status for postpartum complications, and provide instruction related to postpartum concerns.

The nurses in The Children with Medical Handicaps Program serve children from birth through 21 years of age. Some of the diagnoses include Cancer, Cerebral Palsy, Cystic Fibrosis, Hemophilia, and Sickle Cell Disease. Public Health Nurses provide specialized services to assist the parents with resources to manage these diagnoses.

Community Health Workers support the division by focusing on the prenatal client and educating the "mother-to-be" regarding safe sleep practices to reduce infant mortality. The Community Health Worker instructs the client regarding the importance of a medical home (for mom and baby), breast feeding, family planning, and other related concerns.

The Cincinnati Health Department Home Health Nursing Program is one of two original organizations in the Greater Cincinnati area to become an established Medicare/Medicaid Certified Home Care Agency, thereby, continuing a long tradition of trusted nursing care for citizens of the Cincinnati.

## Honoring a King

The Martin Luther King Jr. Coalition will host day-long celebrations for Martin Luther King, Jr. Day, on Monday, January 16, with events beginning at 8:00 a.m. and continuing into the afternoon.

This 42nd annual commemorative celebration will take place at the Taft Theatre, beginning at 11:30 a.m. Dr. Adam Clark, Associate Professor of Theology at Xavier University, will address this year's theme, *Unfair, Unequal, Unacceptable*. Dr. Clark teaches courses ranging from The Religious Thought of Martin Luther King, Jr., to areas including Black Theology and Hip Hop. While Dr. King's message is often neutralized to platitudes about having a "dream" and "just getting along," Dr. Clark will explore the much more radical Dr. King whose message speaks to the very challenges we face as a nation in 2017. Dr. Clark is a leading voice in reimagining the issues facing urban America, and works with students to address social justice at Xavier and in the community.



Steve Milloy will conduct the award-winning Martin Luther King Chorale joined at times by area children's choirs. The Chorale will also perform selections from "The Man Behind the Dream," a cantata composed by Milloy to honor the life and work of openly gay civil rights activist Bayard Rustin.

### The schedule for the day is:

- 8:00 a.m. King Legacy Awards Breakfast at the Freedom Center (ticket purchase required)

### Events Free and Open to the Public:

- 10:30 a.m. Commemorative Civil Rights March starts at the Freedom Center
- 11:00 a.m. Fountain Square, Interfaith Prayer Service followed by march to Taft Theatre
- 11:30 a.m. Taft Theatre, MLK Commemorative Celebration
- To purchase breakfast tickets call 513-333-7706 or for more information visit [www.mlkcoalition.org](http://www.mlkcoalition.org) or email [mlkcoalition@gmail.com](mailto:mlkcoalition@gmail.com).

## City gives voice to area youth

The *YOUNG, NOT SILENT* Youth Summit developed by youth, for youth is an opportunity for young people in Cincinnati to learn, be engaged and be heard.

This year's fourth annual Summit took place at the University of Cincinnati late this Fall. A committee of YCC board members, community leaders, and dozens of students worked hard to plan the annual event. Each year, a wide variety of programming options attracts a large youth turnout. Nearly 300 students, grades 7 – 12, from Greater Cincinnati answered, *A Call To Action*.

The Cincinnati Police Department, Youth Commission of Cincinnati, Cincinnati Youth Collaborative, Youth@The Center and local young people collaborated on this year's event. Creating Healthy Communities Collaborative members also involved included: Mary Fairbanks, Emma Shirley, Valerie Daley, Tevis Foreman and Denisha Porter.



Opportunities throughout the day included discussions on innovative strategies to prevent crime, school attendance and preparation for college and career as pathways to success. Advice was offered to City Council members on decisions relating to youth issues.

*"From planning the summit to co-facilitating sessions, this summit gives voice to the needs, concerns, desires, and hopes of the next generation. Our young a have a lot to offer our city, and we need to live up to our commitment to help them learn, live and grow. Our young people are innovative, creative, and entrepreneurial, and we need to be able to offer them as many opportunities as possible to express themselves and be engaged in our communities."*

**Yvette Simpson, Council Member**

*"One of our key goals for the event was to create an environment where young people can learn and engage in authentic conversation about the issues that shape their lives. The highlight of the day was the Amplifying Youth Voices session that invited adult leaders to listen to youth discuss how they defined success and what role adult mentors could play in helping them achieve success."*

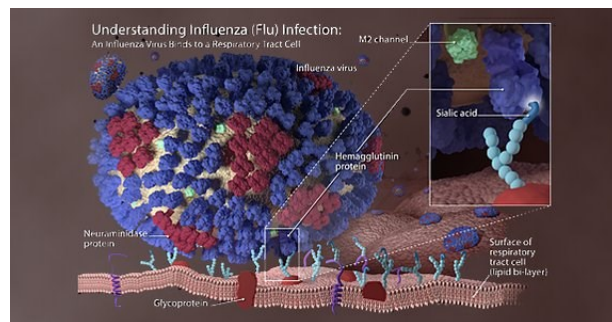
**Shawn Jeffers, Director of Leadership Development, Youth @ the Center.**

## It's not too late to get your flu vaccine

Did you mean to get vaccinated in the fall to ward off the flu, but somehow didn't get around to it? Don't worry, it's not too late to get vaccinated today.

According to the Center for Disease Control and Preparedness (CDC) vaccinations can be protective as long as flu viruses are circulating. And although seasonal flu outbreaks can happen as early as October, flu activity usually peaks in between December and February, but significant activity can occur as late as May. In a typical flu season, flu complications — including pneumonia — send more than 200,000 Americans to the hospital. Death rates linked to flu vary annually, but have gone as high as 49,000 in a year, according to the CDC.

Studies show that flu vaccination can reduce flu illnesses, doctors' visits, missed work and school due to flu, as well as prevent flu-related hospitalizations. This is why CDC recommends an annual flu vaccine for everyone 6 months and older.



## National Observance Month

Each year, more than 80,000 women in the United States are diagnosed with gynecologic cancer. No matter how young or old you are, it's important to know what to look for. Recognizing the symptoms may increase your odds of finding cancer early, when it's most treatable.

The American Social Health Association (ASHA) and the National Cervical Cancer Coalition have named January Cervical Health Awareness Month to encourage women across the country to get screened for cervical cancer and receive the human papillomavirus (HPV) vaccine if they're eligible.

Cervical cancer is one of the most common cancers among women, and early detection is crucial to treat it successfully. Women should talk to their doctor to make sure that they are up to date on their Pap test (not just a pelvic exam), and work with them to ensure that they remain on schedule for their age and risk level. Pap tests should start for women at the age of 21, and routine tests are the best way to screen for abnormal or cancerous cervical cells, allowing for early detection of precancerous epithelial cells and high risk strands of the human papillomavirus (HPV). The Center for Disease Control and Preparedness (CDC) recommends girls receive the HPV vaccine at 11-12 years old. Both men and women can be given the vaccine up to the age of 26. The best practices for preventing cervical cancer are having sex with a condom every time, maintaining a healthy immune system by eating well and exercising, decreasing stress, and avoiding smoking tobacco products.



## Creating self sufficiency in our neighborhoods

The CHD staff's holiday donations to the West End Emergency Center were "an absolute success" according to Renee Davis. In all, pillows, blankets, clothes, toiletries and cleaning supplies were donated allowing the Center to continue its mission of helping others. The West End Emergency Center has been serving the Cincinnati community since 1984 by providing human services to encourage self-sufficiency and independence. The Center offers a food and clothing pantry in addition to pre-employment education that gives adults the opportunity to develop employment skills.



### Do you follow CHD on social media?

If not, be sure to like & follow:



Facebook: <https://www.facebook.com/CincinnatiHealthDepartment/>  
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 Twitter (@cincihealthdept): <https://twitter.com/cincihealthdept>  
 Vimeo (CitiCable): <https://vimeo.com/citicable>